

Community Garden News

City of Loma Linda

December 2004

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

Things to Grow in your garden for Canning...

- *Wax Beans*
- *Lima Beans*
- *Asparagus*
- *Spinach*
- *Baby Beets*
- *Corn*
- *Squash*
- *Pumpkin*
- *Pimentos*
- *Tomatoes*
- *Pickles*
- *Rhubarb*
- *Currants*
- *Blackberries*
- *Raspberries*



Happy Holidays

6 Holiday Superfoods

By Tricia O'Brien BHG

Ever wonder why you feel so tired after that turkey feast? Don't blame it on the bird. "It's an old wives' tale that the amino acid tryptophan in turkey makes you tired," says Cynthia Sass, a spokesperson for the American Dietetic Association who is based in Tampa, Florida, and author of *Your Diet Is Driving Me Crazy* (Marlowe & Co., 2004). "Turkey is so high in protein -- which makes you feel alert -- that it cancels out the groggy effect of this amino acid."

The real reason you find yourself slumped in the armchair watching football? Plain and simple: You overate, says Sass. More of your blood is diverted to the digestive system instead of to the heart and lungs, she explains. But there's no reason to skip those traditional holiday meals. In fact, many of your favorite holiday foods are stuffed with nutrition. If you practice a little portion control -- and in some instances, tweak preparation techniques -- you'll walk away from the bountiful table with heaps of health benefits.

Superfood: Turkey

With this holiday centerpiece, you'll reap plenty of benefits: Turkey is low in cholesterol, saturated fat, and overall fat and helps protect against birth defects, various forms of cancer, and heart disease.

Recommended Serving Size
3 oz. (size of a deck of cards),
105 calories

Superfood: Sweet Potato

Sweet potatoes are an excellent source of beta-carotene, antioxidants, and fiber.

Recommended Serving Size
1/2 cup, 90 calories (if baked)

Superfood: Cranberries

An excellent source of free-radical scavenging antioxidants like vitamins C and E, the berries may help reduce the risk of chronic diseases like cancer, stroke, and heart disease.

Recommended Serving Size

1/4 cup (golf-ball size) from the canned version. 110 calories
1/4 cup fresh cranberries, 11 calories

Superfood: Pumpkin

This fiber-rich winter squash is chock-full of beta-carotene (which is good for the eyes and may help prevent some types of cancer and atherosclerosis) and serves up vitamin C and potassium.

Recommended Serving Size

1/2 cup canned (half of standard-size yogurt container), 40 calories (the fresh variety is only 15 calories)

Superfood: Whole Wheat Dinner Rolls

In general, 100 percent whole wheat breads have more fiber than white bread or other breads made with wheat flour. Fiber can decrease the risk of heart disease and some types of cancer and it helps you maintain regular bowel movements.

Recommended Serving Size

1 small roll, 110 calories

Superfood: Peas

These green veggies are an ample source of fiber. Sass recommends fresh or frozen over the canned variety because soaking in the liquid breaks down some of the fiber, and nutrients in the peas leak into the water, which is then thrown away. Plus, canned peas are loaded with sodium.

Recommended Serving Size

1/2 cup cooked or frozen peas, 30 calories

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California Healthy Cities
and Communities

Growing Paprika



In America, many people "don't understand the difference between real paprika that you can grow in the garden and the musty stuff that's sold in jars," says Rosalind Creasy, author of *Cooking from the Garden*. Creasy has been cultivating paprika peppers since a seed grower convinced her that they merited a place in the garden and kitchen. She reaches for her paprika when she wants to pep up chili, chicken, eggs, guacamole, even her lima bean casserole.

Excellent Garden Varieties ...

Hungarian. Mildly sweet, with medium-red color.

Kalosca. Unbelievably sweet, with an intense aroma. Complex flavor, lingering aftertaste. Gorgeous orange-red when ground.

Paprika Supreme. Sweet, intense, musky flavor like a sun-dried tomato. Dark red.

Papri Mild II. Very mild, with a pretty color.

The Incredible, Edible Walnut

Did you know that walnuts are good for the heart? You may be asking why walnuts are high in fat? Yes, walnuts are 70% oil but, the oil in walnuts contains what nutritionists like to call "good fat". Walnuts are especially high in the essential **omega-3** fatty acids that have been scientifically proven in recent studies (one study comes from Loma Linda University) to lower total cholesterol and LDL (otherwise known as Lousy cholesterol). Keep in mind that walnuts have no cholesterol and very little saturated fat. The walnut has the highest level of omega-3 compared to all other tree nuts. A small handful of walnuts offers 3.8 grams of omega-3's which is more than adequate to fulfill ones daily requirement. Besides having high levels of "good fat", a handful of walnuts every day offers 6.5 grams of protein and is packed with vitamins, minerals, and antioxidants important in the prevention of cancer and other diseases. "Eating walnuts is like wearing a seat belt for your heart. A handful a day keeps the doctor away."



More facts about the incredible, edible walnut... Did you know that it takes four years after the walnut trees are planted to get a harvest? And harvest is usually between the months of September and November. If you are interested in more facts about walnuts please visit www.walnuts.org.

Holiday Cranberry-Pear Crisp

PREP AND COOK TIME: About 1 hour

MAKES: 8 servings

1 cup **all-purpose flour**

1/2 cup **granulated sugar**

1/4 cup **light brown sugar**

1/2 teaspoon **cinnamon**

1/4 teaspoon **nutmeg**

1/4 teaspoon **salt**

1/2 cup (1/4 lb.) cold **butter**, cut into chunks

1/4 cup chopped **walnuts**

3 pounds **firm-ripe pears**, peeled, cored, and cut into 1-inch chunks

1 cup **fresh cranberries**, rinsed and any bruised or decaying berries discarded

1. In a bowl, mix flour, 1/4 cup granulated sugar, the brown sugar, cinnamon, nutmeg, and salt. With a mixer fitted with a paddle attachment on low speed, or your fingers, mix or rub in butter until mixture forms coarse crumbs and begins to come together. Stir in walnuts.

2. In a large bowl, mix pears, cranberries, and remaining 1/4 cup granulated sugar. Divide fruit among eight 8-ounce ramekins or pour into a 9-inch square or round baking dish; spread level. Top evenly with flour mixture.

3. Bake in a 375° regular or convection oven until juices are bubbly, pears are tender when pierced, and topping is golden brown, 30 to 35 minutes for ramekins, 40 to 50 minutes for large crisp.

Per serving: 357 cal., 38% (135 cal.) from fat; 2.9 g protein; 15 g fat (7.4 g sat.); 57 g carbo (4.9 g fiber); 192 mg sodium; 31 mg chol.

